

Anxiety and Perfectionism: Parenting Tweens and Teens



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KITES

Kites fly, (11 yr old boy, CN)
But they need an anchor.
Kids roam,
But they need a home.
If a kite loses its anchor,
It falls.
If a child loses his home,
He declines.
As a kite goes higher and higher
You give it more string.
As a child grows older and older
You give him more freedom.
But here
The similarity ends;
For kites,
Even with the most string imaginable,
Crash sooner or later.
But kids,
(if they are old enough),
Adjust safely
And create new homes.



Do You Know Your Child?

- Greatest strength?
- Greatest interest?
- Biggest weakness?
- What do you like best about your child?
- What expectations do you have for your child?
 - NOW? HS? COLLEGE? WORK? LIFE?



What is Giftedness?

More than a test score!

- Intensity: spirit, thought, purpose, emotion, soul
- Greater awareness, greater sensitivity
- Achievement, Knowledge, Skills, & Abilities
- Insight
- Uniqueness
- Difference from age peers

(Delisle 2000)



Early Adolescent Changes

- Physical
- Social
- At School
- At Home
- Asynchronous Development



So How Can Parents Help?

- Stimulate & support children's interests
- Renegotiate interdependence frequently
 - "The V of Love"
 - Danger of too early disengagement
 - Security and Support + Exploration and Independence
 - Danger of overdependence and learned helplessness



Parents' Roles

- Help with study skills and organization
 - Paper Assignment book or calendar
 - How to study
 - Value of study and work: locus of control
 - Help with long term planning/projects
 - A place to study and work (supervised?)



Parents' Roles

- Realistic expectations and goals
 - Excellence v. Perfection
- Family Responsibilities
- School connections

Self-Esteem, Self-Worth, and Self-Confidence



- How to Give Praise:
 - Specific Action
 - No “est”



Jestin Banks, left, Jacob Campo, and Marvin Garcia Jr., all 6, conduct an experiment with dry ice. They were learning about the states of matter at Alexander Science Center School in Los Angeles. (Francine Orr, Los Angeles Times / October 26, 2011)



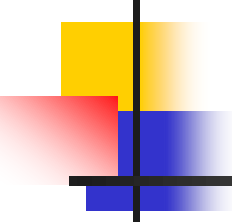
Technology Use and Abuse: Adults and Kids

- What?
- How much?
- When and Where?
- Impact on sleep
- Impact on Attention



Parents' Questions

- Perfectionism
- Anxiety and Frustration Tolerance
- Nurturing Creativity and Risk-Taking
- Peer Pressure



YOU ARE THE ADULT! YOU MAKE THE RULES!

Read. Read. Read.

“We read to discover we are not alone”

(C.S. Lewis)

Beware of Over-Empowerment!

Balance

work and social life

family and friends

challenge of multipotentiality



Danger Signals

- Emotional Engagement
 - Conversations
 - Use of time (with family, with friends)
- Behavioral changes – sudden or gradual
 - School
 - Home
 - Friends
- Appearance
 - Weight gain or loss
 - Clothing
 - Cutting, Excessive Piercing (?)



From Nietzsche...

“You need chaos in your soul to give birth to a dancing star.”

Questions and Concerns?

